

COUNSELOR COMMUNIQUE

VOL. 14 NO. 2

Missouri Substance Abuse Counselors' Certification Board, Inc.

April 2003

Spring Training Institute *Lives Beyond Limitations: Implementing the Vision*

May 28—30, 2003 Tan-Tara-A Resort & Conference Center
Lake of the Ozarks, Osage Beach, Missouri

Featuring

Andrea Blanch, Ph.D.
Peter Bell
John Benshoff, Ph.D.
Norma Finkelstein, Ph.D.
Jay Gledd, M.D.
Karol Kumpfer, Ph.D.
Donald Meichebaum, Ph.D.
Mark Parrino, M.P.A.
Stuart Perry
T. Marni Vos
And many other experts in the field

It's Not Too Late To Register!

The MSACCB staff has received many requests over the phone regarding this conference. Please view the conference brochure which includes registration form, schedule and potential exhibitor information at:

<http://www.modmh.state.mo.us/index.htm>

or

Call Debbie McBaine at 573-751-4942. The Conference is sponsored by the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse and the Division of Comprehensive Psychiatric Services.

Preapproved by the MSACCB for 16.25 contact hours

MSACCB Board Members

John Gary, President
Southeastern Region

Ron Cohen, V. President
Eastern Region

Stan Landon, Secretary
Central Region

Tom Gaudette, Treasurer
Northwestern Region

Carolyn Hale
Southwestern Region

Fran Joy
State Advisory Council

Dave Fleming
ADA Representative

J.B. Woolverton
MACA Representative

Ann Cobb
Member-at-Large

Mary Vorsten
Past President

MSACCB Office Staff

Jodi Haupt
Program Manager

Cheryl Mealy
Counselor Cert. Spec.

Shelby Hearne
Counselor Cert. Spec.

Danette Henderson
Board Assistant

Advertising

Advertising in the quarterly *Counselor Communiqué* is now available for trainings, publications, job opportunities, announcements, etc. Camera-ready layout and payment are due by the first of December, March, June and September for our January, April, July and October issues. Advertisements are available in the following sizes:

Size of Advertisement	No. of Consecutive Issues			
	1	2	3	4
Full Page (7.5" x 10")	\$350	\$450	\$550	\$650
Half Page (7.5" x 4.75")	\$250	\$350	\$450	\$550
Quarter Page (3.5" x 4.75")	\$150	\$250	\$350	\$450

The MSACCB reserves the right to refuse any advertisement and does not necessarily endorse any advertisement.

Newly Credentialed

RASAC I

Fred Utley
Ricky Kendle
Clarence Wakefield
Lisa Minter
Mary Hamilton
Robin Turner
Loretta Hannah
Shanta Ellison
Dale Dobbs
Candidia Rawlings
Carolyn Kelley
Jennifer Atkins
Stephen Halbrook
Beth Koch
Arlene O'Brien
Donna Burr
Roxanne Tague
Jack Webb
Brody Fair
Benjamin Heitzer
Frank Harris

Bret Leiker
Margaret Fuller
John Johnson
Andrew Pullom
Treva Satterfield
Amanda Warren
William Jewell
G. Russell Jerrison
Johnathan Smith
Amy Franken
Ruth Olmsted
Deborah Sutton
David Noordzy
Debra Niles Bobinger
Deborah Connor
Robin Callahan
David Lawson
Rebecca Woody
Barbara McRoberts
Karen Churchman

RASAC II

Vonshel Nelson
Judith Frakes
Sharon Marchbanks
Joy Smith
Lisa Nun
John Burns
Thomas Beattie
Melanie Lehman
Deborah Pinson
Sylvan Ward
John Cage

Robin Shaffer
Michelle Sanges
Geraldine Johnson
Janis Priggel
G. Russell Jerrison
Anita Salisbury
Kelly Crawford
Shelby Cage
Kathryn Kelsey
Kristina Free
Marie Caughron

CSAC's by Reciprocity

Ashley Sadler
Richard Price

Michael McCloskey
Robert Van Horn

CASAC's by Reciprocity

Charles Cossey

Eddie Sprague

Is Treatment Planning Your Friend or Foe?

By Teresa Robbins, CASAC

- Do you suffer from treatment planning burnout?
- Is treatment planning something you do just to get it out of the way?
- Do you find yourself writing the same treatment plan with every client?
- Are you tired of explaining the treatment plan to your clients?
- Are you using a treatment plan that does not encourage individualization?
- Do you consider the treatment plan your personal property?
- Do you ignore the treatment plan until it is time to complete the discharge summary?

If you have answered YES to any of these questions then this article might serve as a brief intervention to empower you to upgrade your view of the treatment planning process!

Consider this : The treatment planning process can encourage and maintain goal-focused client participation in all planned treatment services when the plan remains the focus of client interaction.

Consider this: It is proactive to provide a copy of the treatment plan to your client so that they may refer to their plan continually as they engage in each planned treatment intervention.

Consider this : Using the treatment plan as a reference to evaluate client progress during individual counseling sessions can also serve to assist the counselor to keep the client goal-focused during individual counseling.

Consider this: The treatment plan which includes the client's expected outcomes for each of their treatment objectives will serve to encourage the client to remain positive and goal-focused in their participation of the identified treatment service.

Consider this: Including the client's own words to identify their own treatment expectations serves to encourage more active participation in the array of treatment services offered.

Consider this: Capturing the client's expectations in specific behavioral terms also serves to help the client and the counselor to identify and assess treatment progress.

Consider this: Clients who are encouraged to relate their personal expectations and to identify their own progress to staff and their peers, learn to be proactive in their recovery efforts.

Consider this: Treatment plans which provide behavioral objectives to clients serve to teach them to look for their own positive signs of recovery strength.

Consider this: Clients who are encouraged to personally assess their own treatment progress are encouraged to practice a proactive approach within the context of group and individual counseling.

Consider this: The treatment plan may be utilized as a daily guide by the client and the counselor to encourage effective tracking of client progression throughout the course of the treatment program.

Consider this: The counselor may utilize the treatment plan as a working guide to focus their individual counseling sessions and to assist the client to reach their desired outcomes.

Continued on page 6

New Member-At-Large Appointments

As mentioned in previous newsletter articles, the Board of Directors made the decision to align regional boundaries along with the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse effective January 2003. This reduces the number of elected Board members from six to five. The Board decided to change the Bylaws to include two new member-at-large positions for a total of three member-at-large positions. John Gary, MSACCB Board President recently announced the new appointments. These individuals who come from diverse backgrounds and are committed to promoting the mission and policies of the Certification Board. Please welcome our new and returning Board members who will be assisting the Certification Board Directors in facing the challenges ahead.

Fran Joy's appointment to the MSACCB Board of Directors as the State Advisory Council (SAC) representative will end this spring. Ms. Joy has been reappointed to one of the newly created member-at-large positions. She has served the Certification Board in many capacities over the past years. Ms. Joy is a Certified Advance Substance Abuse Counselor (CASAC).

John Bowen was also appointed to a member-at-large position for the Certification Board. Mr. Bowen has been employed in the Criminal Justice field for over twenty-five years in positions such as Correctional Officer, Probation and Parole Officer and Substance Abuse Treatment. He currently is employed with the Department of Corrections at Cremer Therapeutic Community Center at Fulton, Missouri as Superintendent. He also has the responsibility of Chief of Drug Testing Services for the Department of Corrections. Mr. Bowen holds the Certified Advance Substance Abuse Counselor (CASAC).

Scott Jordan has been appointed by the State Advisory Council (SAC) as their representative to the Certification Board. Mr. Jordan is currently an Area Substance Abuse Treatment Coordinator with the Missouri Department of Corrections. In this capacity, he serves as a liaison between DOC Institutional Treatment Programs, field Probation and Parole staff, DMH (ADA & CPS), and community treatment provider staff to provide treatment coordination and continuity of care between these various departments, division and agencies.

IC&RC Written and CPM Test Dates

2003

Written Test: June 14, 2003
December 13, 2003

CPM: April 12, 2003
September 13, 2003

2004

Written Test: June 12, 2004
December 11, 2004

CPM: April 17, 2004
September 11, 2004

AODA Practice Exam

A practice test is now available online for candidates preparing for the AODA counselor written examination through the IC&RC. The test is designed to aid individuals preparing for the credentialing examination. It is built to the same specifications as the actual examination and helps familiarize people with the format of the test and the types of questions that will appear. Scores are immediately available, and the test may provide diagnostic feedback to access a candidate's strengths or weaknesses. The cost of the practice exam is \$35.00 and can be accessed by visiting the website for:

CASTLE Worldwide, Inc.,
www.castlelearning.com

Are you Prepared to Meet New DOT Rules for the Substance Abuse Professional?

Previous newsletter articles outlined the Department of Transportation upcoming rule changes regarding education, continuing education and the required proficiency examination. This is a reminder of the changes that are being implemented. Substance Abuse Professionals (SAP) who provide assessment or evaluation services to safety-sensitive personnel under U.S. Department of Transportation (DOT) rules will have to complete a new qualification training in order to provide services beginning January 1, 2004.

Current SAP's who wish to continue providing services and prospective SAP's must complete a formal 12 hour education and training program that covers the DOT alcohol and drug testing rules and regulations as well as other topics and must be completed by December 31, 2003. Following completion of your training, you must satisfactorily complete an examination. This examination must be given by a nationally recognized professional or training organization and must comprehensively cover all the elements required for the qualification training. Please be aware that DOT requires these training or professional organizations to have their SAP examination validated by a test evaluation organization.

During each three-year period following satisfactory completion of your training and examination, you must complete at least 12 professional development hours (e.g., Continuing Education Units) relevant to your performing SAP duties.

You must keep records on your trainings and on the successful completion of the written examination. When DOT audits an employer, the auditors may ask to review the SAP's credentials, training and written examination documents.

For additional information visit : www.dot.gov

Have You Moved Recently?

Name: _____

Home Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____ (Home) _____ (Work)

Place of Employment: _____

E-mail Address: _____

Mail to:

MSACCB

PO Box 1250
Jefferson City, MO 65102-1250

or email address change via our web page at

www.modmh.state.mo.us/msaccb

Consider this: The treatment planning process serves as the initial method of engagement to encourage active client involvement with the identification of personal treatment goals and their desired outcomes.

Consider this: Client empowerment is encouraged with active engagement of the client in the treatment planning process.

Consider this: The treatment planning process is often the counselor's first opportunity to engage a new client in a focused problem solving activity.


Consider this: Therapeutic goal-focused interaction between the client and the counselor is initiated with the treatment planning process.

Consider this: Therapeutic goal-focused interaction between the client and the counselor is continued and strengthened throughout the course of goal-focused treatment.

Consider this: The client's expression of their desired outcomes may be captured within the text of the treatment plan to indicate their personal expectation and to indicate their motivational level.

Consider this: The initial structure and direction that you establish with your client within the context of the treatment planning exchange may serve to reduce anxiety while strengthening the client's awareness of their personal treatment needs.

Experience the World of Distance Learning on the Internet



Register for
our Sweepstakes
Giveaway!!
For details visit
us online

dlcas.com

DISTANCE LEARNING CENTER
FOR ADDICTION STUDIES

The Premier Source for Addiction Information and Continuing Education on the World Wide Web

- Earn CEU credits online
- Over 40 courses available
- All courses NAADAC approved
- Nationally recognized instructors
- Cost-effective
- Free information and promotions on website
- Study at home at your own pace
- 100% money back guarantee
- Courses also available by mail

Studying for the Certification Exams?
Check out our Ready to Test study guides at www.readytotest.com
Our materials have helped over 2,500 students pass the ICRC exams!

For more information visit us at www.dlcas.com or call 1-866-471-1742

MSACCB APPROVED HOMESTUDY TRAININGS

Laban's Addiction Specific Trainings

1.800.795.5278

Fax 717.657.7996

Ask about our 50% off BUDDY discount program!!!

All trainings approved NAADAC Provider #000105
NBCC Provider # 5867

15 hour courses- \$95 each

Psychopharmacology in Addiction Settings
Domestic Violence & Substance Abuse
Dual Diagnosis: Personality Disorders
Substance Abuse and Older Adults
Three Theories of Counseling: Psychoanalytic,
Cognitive & Reality Approaches
Motivational Counseling

Brief Interventions in Chemical Dependency

Dual Diagnosis: Mood Disorders

10 hour course - \$75 -NEW

Case Management Issues

8 hour courses - \$65 each

Mental Status Assessment in Addiction Settings

Health Issues for Addiction Setting Employees

Understanding Withdrawal & Detoxification

Drugs of Abuse

Adolescent Treatment Issues

7 hour courses - \$60 each

Criteria Based Documentation

Group Counseling: Process & Techniques

www.last-homestudy.com

6 hour courses- \$50 each

21st Century Ethics in Counseling

Clinical Supervision Principles, Techniques & Methods

Values Driven Addiction Supervision

Defense Mechanisms/Coping Strategies

Addiction Based Treatment Planning

HIV/AIDS Training

The AIDS Rollercoaster: Counseling the HIV Client

Ethics Training

Dual Diagnosis-Assessment Issues

Aspirational Ethics

Cultural Diversity in Counseling

NEW- 6 hour courses - \$50 each

Cognitive-behavioral Treatment of Cocaine Addiction

Clinical Supervision Foundations

4 hour course - \$30

The Methadone Controversy

Here's How It Works

Complete the programmed learning workbook, send us back the completed open book test, and your certificate is mailed back the SAME DAY.

Buy 2- deduct 10% Buy 3 - deduct 15% Buy 4 or more deduct 20%

1. Phone your order in 7 days a week 800.795.5278 *Quickest method*
2. Fax your order & this page to 717.657.7996 with credit card information
3. Order online and check out our Web Specials! www.last-homestudy.com
4. Circle desired courses, complete below form, and return this page with check or credit card information

Full Name (print clearly) _____

Address/City/State/Zip: _____

Credit Card #: _____ Expiration Month/Year: ____ / ____

Signature: _____ Day / Evening Phone (____) _____

MAIL ORDERS TO: LABAN'S TRAININGS, PO BOX 126307, HARRISBURG PA 17112

MSACCB - Approved
On-Line Continuing Education
All On-Line. Anytime.™

3

easy steps to earn your Continuing Education (CE) hours!



1

READ the course material, which is all On-Line.

2

ANSWER the Examination Questions.

3

MAIL OR FAX your Answer Sheet for credit.

- No passwords.
- No charges.
- Just go to

www.breining.edu

and read the Course Material that you select.

- The Exam Questions are included in the Course Material.
- The Answer Sheet can be downloaded to your printer.

- If you want CE credit, send in your Answer Sheet with the Exam Fee.
- Each 3 contact hour course is only \$29.



Earn your Continuing Education credit from Breining Institute: Since 1986, a recognized leader in Addiction Education.

BREINING INSTITUTE • College for the Advanced Study of Addictive Disorders
8880 Greenback Lane • Orangevale, California USA 95662-4019
Telephone (916) 987-2007 • Facsimile (916) 987-8823 • Web site www.breining.edu

Breining Institute is a private four-year college, which has been approved to offer addiction education by the State of California Department of Education (and its successor agencies) since 1986. Breining Institute is specifically approved to provide degree and certificate programs by the State of California Bureau for Private Postsecondary and Vocational Education (BPPVE), is approved as a Continuing Education Provider for the international designation Registered Addiction Specialist (RAS), and is approved as a Continuing Education Provider by the following agencies: California Board of Behavioral Sciences (PCE 1401); Board of Registered Nurses for Continuing Education (CEP 10997); California Association of Addiction Recovery Resources (CAARR); California Association of Alcoholism and Drug Abuse Counselors (5-86-077-1201); Florida: Florida Certification Board (5003-35); Missouri: Missouri Substance Abuse Counselors' Certification Board, Inc. (MSACCB); Nevada: Bureau of Alcohol and Drug Abuse for the State of Nevada (97-291/206); Texas: Texas Certification Board of Alcoholism and Drug Abuse Counselors (1570-00); Virginia: Substance Abuse Certification Alliance of Virginia (2-04-05).

**For 1-day
response,
FAX your
Answer Sheet!**